

What's on the Menu?

	MONDAY 10/10	TUESDAY 10/11	WEDNESDAY 10/12	THURSDAY 10/13	FRIDAY 10/14
BREAKFAST	Blueberry Muffin Peaches Milk/Water	Cornflakes Oranges Milk/Water	Turkey Sausage Toast Oranges Milk/Water	French Toast Sticks Turkey Bacon Blueberries Milk/Water	Oatmeal Bananas Milk/Water
LUNCH	Chicken Nuggets <i>V-Vegetarian Nuggets</i> Mixed Vegetables Pears Milk/Water	Turkey & Cheese Sandwich <i>V-Grilled Cheese</i> Green Beans Oranges Milk/Water	Turkey Meatloaf <i>V-Vegetarian Patty</i> Mashed Potatoes Succotash Pineapple Milk/Water	BBQ Chicken <i>V-Vegetarian Chicken</i> Brown Rice Broccoli Normandy Apricots Milk/Water	Cheese Tortellini Peas and carrots Cantaloupe Milk/Water
AFTERNOON SNACK	Cheese Crackers Fruit Cup Water	Animal Crackers Applesauce Water	Fig Newton Applesauce Water	Honey Dew Melon Wheat Crackers Water	Soy Butter & Jelly Sandwich Water

 Vegetarian Alternative

 Substitute for Infants/Toddlers



- ▶ All meals are baked, not fried
- ▶ Vegetarian meal options available
- ▶ Fresh fruits and vegetables served daily
- ▶ Proteins include chicken, turkey, beef, tofu, cheese, and beans
- ▶ Whole milk served to children ages 12-24 months
1% milk served to children 24 months and older
- ▶ All meals served family style